

# Healthy Cooking and Baking Substitutions

Just because a recipe calls for a specific ingredient doesn't mean you *must* use that ingredient. Your favorite recipes can be modified to make them more nutritious or lower in fat or sugar by reducing or substituting ingredients that are more acceptable. This fact sheet will show you a few ways to decrease the amount of fat, calories, sugar and salt in your recipes. It will also tell you how to increase the fiber in your recipes to make your food more nutritious. Remember that recipes are only guidelines - not rules - for preparing food. Don't be afraid to experiment!

## Fat Reduction

Instead of:	Try:
Shortening, butter, margarine, or solid fat.	Use $\frac{1}{4}$ less liquid oil or solid fat called for in the recipe. If recipe calls for 1 cup use $\frac{3}{4}$ cup. If recipe uses $\frac{1}{4}$ cup shortening, use 3 Tablespoons oil. Use equal amounts of oil for melted shortening, margarine, or butter
Shortening, butter or oil in baking	Use fruit puree for half of the butter, shortening or oil. May need to reduce the baking time by 25%. Peaches – muffins and spice cakes Prunes – chocolate based recipes Pears and bananas – quick breads and coffee cakes Unsweetened Applesauce – works well in almost any baked good
Instead of whole milk, half and half or evaporated milk	Use skim milk, 1% milk, evaporated skim milk, fat-free half and half, or plain soymilk with calcium
Butter, shortening, margarine, or oil to prevent sticking. Fat to sauté or stir-fry	When frying foods use cooking spray, water, broth or nonstick pans.
Full-fat cream cheese	Use low-fat or nonfat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth.
Full-fat sour cream, cottage cheese, or Ricotta cheese	Use nonfat or reduced fat sour cream or fat free plain yogurt (yogurt is not heat stable). Use 2% or fat-free cottage cheese. Use part-skim Ricotta cheese.
Cream & Whipping Cream	Use evaporated skim milk., Use nonfat whipped topping or cream.
Eggs	Use egg whites (usually 2 egg whites for every egg) or $\frac{1}{4}$ cup egg substitute.
Whole fat cheese	Use reduced fat cheese, but add it at the end of the baking time or use part skim mozzarella.
Frying in fat	Use other cooking methods such as bake, boil, broil, grill, poach, roast, stir-fry, or microwave.
Regular mayonnaise or salad dressing	Use low fat, reduced, or nonfat mayonnaise or salad dressing.
Canned fish	Use water-packed canned products or canned products packed in 'lite' syrup
Fatter cuts of meat-skin on	Use leaner cuts of meat or ground meat, remove skin before eating
Mild flavored cheese	Use sharp flavored cheese in recipes and cut the amount in half
Ground beef	Drain the fat – you can use a colander to do this. Try lean ground turkey instead.
Gravy, stews and soup	Chill until the fat hardens then remove the fat layer.
Nuts	Toast them first to enhance flavor and then add less.
Frosting	Sprinkle some powdered sugar on cakes instead. Or, try heating frosting for about 30 seconds in the microwave and then drizzle it over the cake.
Pies	Use only a bottom crust. Or, try a crumb crust made of graham crackers, vanilla or chocolate wafers.

### Sodium Reduction:

Salt	Omit salt or reduce salt by ½ in most recipes (except in products with yeast). Cook foods without adding salt. Don't put the salt shaker on the table.
Frozen or canned Vegetables	Choose frozen vegetables without sauces or use no-salt-added canned goods. Rinsing canned vegetables will help reduce sodium. Buy low-sodium versions when possible
Seasoning salt or spice mixes with salt	Use salt-free seasonings and spice mixes. Use herbs, spices, lemon juice or vinegar to flavor food instead of salt., Seasonings high in sodium include ketchup, chili sauce, chili powder, boullion cubes barbecue sauce, soy sauce, Worcestershire sauce, and meat tenderizers.

### Sugar Reduction:

Sugar - reducing	Reducing sugar by ¼ to 1/3 in baked goods and desserts. If recipe calls for 1 cup, use 2/3 cup. Cinnamon, vanilla and almond extract can be added to give impression of sweetness. (Do not remove all sugar in yeast breads as sugar provides food for the yeast). **Baked goods with less sugar may not brown as much.
Sugar - replacement	Replacing sugar with amounts of sucralose (Splenda), works well for most baked products. Add ½ teaspoon baking soda in addition to each cup of Spenda used. Baking time is usually shorter and product will have a smaller yield. Try using aspartame, saccharin, or acesulfame potassium in other products that are not baked. The sweet taste will vary with product combination or amounts of each sweetener used. **TIPS: Add artificial sweetener to the liquid ingredients for even distribution
Fruit flavored yogurt	Plain yogurt with fruit slices or use light versions of yogurt
Syrup	Pureed fruit, such as no sugar added applesauce, or sugar-free syrup
Sugar in canned or frozen fruits	Buy unsweetened frozen fruit or fruit canned in it's own juice, water, or light syrup.

### Increasing Fiber:

White rice, enriched grains	Whole grain, brown rice, wild rice, whole cornmeal, not (degermed), white barley, bulgur, kasha, quinoa, or whole wheat couscous.
All purpose flour	Substitute whole wheat flour for up to ½ of the flour. For example, if a recipe calls for 2 cups flour, try 1 cup all purpose flour and 1 cup minus 1 tablespoon whole wheat flour. Use "white whole wheat flour" or "whole wheat pastry flour" for total amount of all purpose flour
Pastas, crackers, cookies, cereals	Whole grain pastas, crackers, cookies and cereals.
White bread	100% whole wheat bread & 100% whole grain bread.
Iceberg lettuce	Romaine lettuce, endive, and other leafy lettuces, or baby spinach.
Meat	Use more dried beans and peas. Add legumes and lentils to many different dishes: try adding lentils to your spaghetti sauce.
Peeled fruit and vegetables	Add extra fruits and vegetables, such as adding carrots to spaghetti sauce, leaving apple peels in apple crisp, zucchini bread, etc. Add extra fruits and vegetables to recipes and include the peel when appropriate.

